

Tate Barkley

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Keynote Proposal

“Sunday Dinners, Moonshine, and Men”

Abstract

Sunday Dinners, Moonshine, and Men is a keynote based on my memoir published in 2023. I share stories from my book that illustrate the ways that shame can inhibit our ability to live authentically, and can sometimes lead to struggles with alcoholism and addiction. I offer an overview of the connections between childhood trauma, shame and addiction, and, finally, provide some of the tools that I've learned during my 25 years in recovery. This talk will inspire audiences to not only embark on their own journeys toward resilience and personal empowerment, but to become advocates for the people in their lives who may be experiencing these struggles..

“Tate Barkley is a masterful storyteller. Whether it's in writing or up on stage, he brings to life his story which is absolutely incredible.”

-Rebecca L., Chief Operations Officer

Learning Outcomes

1. Learn how to identify the sources of shame in your own life and how they might be limiting you.
2. Learn the steps to take toward self-acceptance and make a plan to apply honest self-acceptance in your everyday life..
3. Discover how the secret weapon for shedding shame can restore personal resiliency.

Format

This keynote is one hour, however it can be customized to a three hour program that can include a book signing, an extended meet and greet, or a question and answer session. Bulk book orders are available upon request.